

Janice
Brown
Rt 1 Box 64
Evanston
82930

Uinta County School
District No. One

EMPLOYEE
MEDICAL
IDENTIFICATION
CARD

GROUP NO	
8790	
EMPLOYEE	EMPLOYEE S.S. NO
JANICE M. BROWN	520-80-0798

BENEFITS: Hospital: Room and Board—Semi Private, 31 days/disability Hosp.
Extras: Reasonable and Customary Out-Patient; R&C, Surgery: R&C DXL: \$300.
Supp. Accident: \$300, Maternity and Newborn: R&C, Major Medical: \$50
Deductible, \$100 Family Aggregate Co-Insurance: 80% to \$2500 then 100% to
\$1,000,000 Vision: Deductible common with Major Medical, Benefits per Schedule.
Dental: No Deductible, Preventative 100% Restorative 50% Major 50%
Max/Cal/Yr: \$1000, Ortho 50% Max/Lifetime \$1000. HOSPITAL UTILIZATION
REVIEW: 1-800-835-2140

(See reverse side for claim handling instructions)

1. Richard Draper
2. Delmar Dickson
3. Reed Tuft
4. Margery Crook Hewest
5. man
6. Elaine Montgomery
7. Dick McAllister
8. Bud Dean
9. Dorothy Swain
10. Sarah Carlen
11. Rejiche Cushing
12. Kelson Huntington
13. Western Teacher

PATIENT HEALTH MAINTENANCE

NAME:

D A T E

PHYSICAL EXAM:

M.D. Breast Exam

age 20-40 yrs q 3 yrs

①

Pelvic Exam

age 20-40 yrs q 3 yrs

①

Digital Rectal Exam

age 40 yrs & older q yr

①

Blood Pressure

age 20-40 yrs q 2 yrs

②

over 40 yrs q yr

PROCEDURES:

Pap Smear at least q 3 yrs age 20-65 yrs*

①

after 2 neg annual smears

Mammography

age 40-49 q 1-2 yrs

①

(baseline 35-40) over age 50 yrs q yr

Stool Occult Blood

age 50 yrs & older q yr

①

Sigmoidoscopy

age 50 yrs q 3-5 yrs

①

after 2 neg annual exams

Tonometry

age 40 yrs & older

①

q 2 yrs

IMMUNIZATION:

Tetanus-Diphtheria Booster

②

age 20 & older q 10 yrs

Influenza Vaccine

②

age 65 & older q 2 yrs

Pneumococcal Vaccine

②

age 65 only once

DISEASE PREVENTION:

Breast Self Examination (monthly)

CVD Risk Factors

LAB:

Cholesterol

age 20 & older q 10 yrs

②

*1st smear with onset of sexual intercourse.

① ACS Recommendations, 1984

②

Summary Recommendations, see Holbrook, J. Western Journal of Medicine 141:828, 1984